



Montgomery County Department of Recreation, Senior Programs 301-468-4540



# Waverly Seniors

## September & October 2006

Program meets Thursdays 10am - 2pm

Program Director: Vivian Portner- 4521 East-West Highway, Bethesda, Maryland 301-657-0627

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A variety of fun and interesting programs are offered each program day. Make new friends everyday! Program highlights are described below. Please see Vivian with your ideas for future programs.

## September

### Thursdays September 7

12:30- 1:30 pm

#### June Stark Performs Vocals and on Keyboard

Enjoy a lively performance of all the oldies we love to hear. Don't miss this exciting performance!

### Thursdays, September 14

12:30–1:30 pm

#### Bingo

Join us for a fun game of Bingo!  
Prizes are needed please donate what you can.

### Thursdays, September 21

12:30-1:30 pm

#### “September of My Years” with Marjorie & Russell.

Enjoy a stroll down memory lane with a performance by Marjorie (on piano) and Russell (on vocals).

### Thursdays, September 28

11:30-1:30 pm

#### Emergency Evacuation

Master Firefighter and Rescuer, Scott Stokes, will discuss this important subject.

**Please sign up for your flu shot!**

## October

### Thursdays October 5

12:30-1:30 pm

#### Jewelry Making

Join Vivian and make some new jewelry!

### Thursdays, October 12

12:30-1:30pm

#### Arts for the Aging

Visual artist Annetta Dexter-Sawyer will help us explore some visual art.

#### Flu shots

Flu shots will be available from Montgomery General Hospital. The shots are free if you show your Medicare B card or \$30 without a card.

**Thursdays, October 19**  
12:30-1:30pm

**Bingo**  
Prizes are needed please donate what you can.

**Thursdays, October 26**  
12:30-1:30pm

**Dave Peers performs a tribute to Neil Diamond**  
This performer is new to our center. Enjoy a performance of vocals and guitar of Neil Diamond songs.

### **The Senior Nutrition Program**

The Senior Nutrition Program provides meals in congregate settings where activities and services for seniors are available. Each meal meets 1/3 of the Recommended Dietary Allowances for older adults and follows the Dietary Guidelines for Americans.

#### **Eligibility:**

Anyone 60 years of age and older is eligible to participate. Spouses of any age are welcome. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals. Seniors September bring guests--those under 60 years pay the full price of \$4.38

### **Inclement Weather Policy**

When Montgomery County Public School Buildings (MCPS) are **closed**, all senior classes and programs including lunch and transportation are **CANCELLED**.

If MCPS have a **delayed opening**, all classes scheduled to begin at or after **10am** will be held as **usual**.

During inclement weather, please listen to your radio for possible school closings or delayed openings. If schools have a scheduled holiday are closed that day, the Recreation Department will make announcements regarding its activities.

## **Resources for Seniors**

### **Senior Vital Living**

#### **Supporting the independence of seniors**

**Your guide to senior employment, volunteer and life long learning opportunities can be found at [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov). Click on residents, click on Aging Services and scroll down to Senior Vital living Montgomery.**